



Sustainable Fish Choices

The Third In Our Series

by Joanne Samborn

The same kind of fish may appear on more than one list of choices, depending on where it comes from, whether it was caught or farmed, and the type of fishing gear used. To learn more about choosing ocean-friendly fish, visit:

www.environmentaldefense.org/seafood

WORST CHOICES

Caviar (imported wild)
Chilean sea bass
Cod Atlantic
Crab, king (imported)
Crawfish (China)
Flounder/sole (Atlantic)
Grouper
Haddock (trawl)
Halibut (Atlantic)
Mahi Mahi (imported longline)
Monkfish
Orange Roughy
Rockfish (Pacific trawl)
Salmon, farmed or Atlantic
Shark
Shrimp/prawns (imported)
Skate
Snapper, red or imported
Swordfish (imported)
Tilapia (Asia)
Tuna, bigeye/yellowfin (longline)
Tuna Bluefin